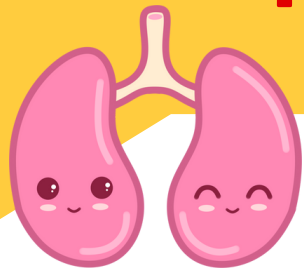


# HOW CAN YOU TAKE A BREAK AS A YOUNG CARER?



**PRACTICE  
BREATHING  
TECHNIQUES**

**WRITE IN A  
JOURNAL**



**PRACTICE  
MEDITATION**



**DO SOME  
GENTLE  
STRETCHES**



**GO FOR A  
WALK/SPEND  
SOME TIME  
NATURE**



**DO SOMETHING  
CREATIVE**



**LISTEN TO  
SOME MUSIC**



**WATCH  
SOMETHING  
FUNNY**



**READ A BOOK**



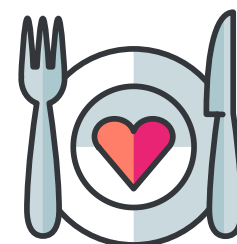
**CALL/TALK  
TO A FRIEND**



**GO FOR A  
BIKE RIDE**



**TAKE A  
BATH/SHOWER**



**EAT A  
HEALTHY  
MEAL**



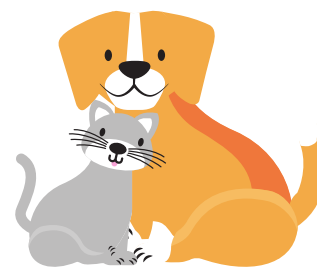
**DRINK  
SOME  
WATER**



**WATCH THE  
CLOUDS**



**HAVE A NAP**



**SPEND SOME TIME  
WITH YOUR PETS**



**LOOK AT  
THE  
STARS**

**REMEMBER**

**SELF CARE  
is important too!**